

**What is claimed is:**

1        1. A reconstituted grain product, manufactured by  
2 reconstituting a ground material, wherein the ground  
3 material comprises a plurality of grains and legumes having  
4 various respective cooking requirements.

1        2. The reconstituted grain product as claimed in claim  
2 1, wherein the ground material is between 80~200 meshes.

1        3. The reconstituted grain product as claimed in claim  
2 2, wherein the ground material is between 100~200 meshes.

1        4. The reconstituted grain product as claimed in claim  
2 1, wherein grains used comprise at least one of rice,  
3 barley, oat, buckwheat, adlay, millet, sorghum, sweet corn,  
4 wheat, rye, or rice bran.

1        5. The reconstituted grain product as claimed in claim  
2 4, wherein the rice of the ground material is about 10~90%  
3 by weight.

1        6. The reconstituted grain product as claimed in claim  
2 5, wherein the rice of the ground material is about 25% by  
3 weight.

1        7. The reconstituted grain product as claimed in claim  
2 4, wherein the grains of the ground material, except for  
3 rice and rice bran, are 1~50% by weight respectively.

1        8. The reconstituted grain product as claimed in claim  
2 7, wherein the barley of the ground material is about 17.5%  
3 by weight.

1           9. The reconstituted grain product as claimed in claim  
2 7, wherein the oats of the ground material are about 17.5%  
3 by weight.

1           10. The reconstituted grain product as claimed in claim  
2 7, wherein the buckwheat of the ground material is about  
3 17.5% by weight.

1           11. The reconstituted grain product as claimed in claim  
2 7, wherein the adlay of the ground material are about 17.5%  
3 by weight.

1           12. The reconstituted grain product as claimed in claim  
2 4, wherein the rice bran of the ground material is about  
3 1~10% by weight.

1           13. The reconstituted grain product as claimed in claim  
2 7, wherein the rice bran of the ground material is about  
3 5%by weight.

1           14. The reconstituted grain product as claimed in claim  
2 1, wherein the legumes used comprise at least one of soy  
3 bean, black bean, green bean, small red bean, or sword bean.

          15. The reconstituted grain product as claimed in claim  
1, further comprises a nutrient-enhanced agent or a texture  
modifier.